

Tomorrow's Health Depends on Today:

Effective Strategies for Adolescent Health

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COUNTY OF LOS ANGELES

Public Health

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Presentation Overview

- Adolescent health in LA County
- Health education and adolescent health
- Evidence based practice to improve adolescent health



Definitions: Adolescent & Young Adult

- Healthy People 2020
 - Adolescent
 - Ages 10 to 19
 - Young adult
 - Ages 20 to 24



Adolescents & Young Adults in LA County, 2011

Age	Total Population	MALE % of Total Population	FEMALE % of Total Population
LA County	9,889,056	4,877,989	5,011,067
10-14	6.8%	7.0%	6.6%
15-19	7.4%	7.7%	7.1%
20-24	7.8%	8.1%	7.5%
Total	22%	22.8%	21.2%

**NEARLY A
QUARTER
OF LAC'S
POPULATION**

Source: American Fact Finder: Age and Sex: 2011 American Community Survey 1-Year Estimates

http://factfinder2.census.gov/faces/tableservices/jsf/pages/productview.xhtml?pid=ACS_11_1YR_S0101&prodType=table



Leading causes of death ages 5-24, 2008

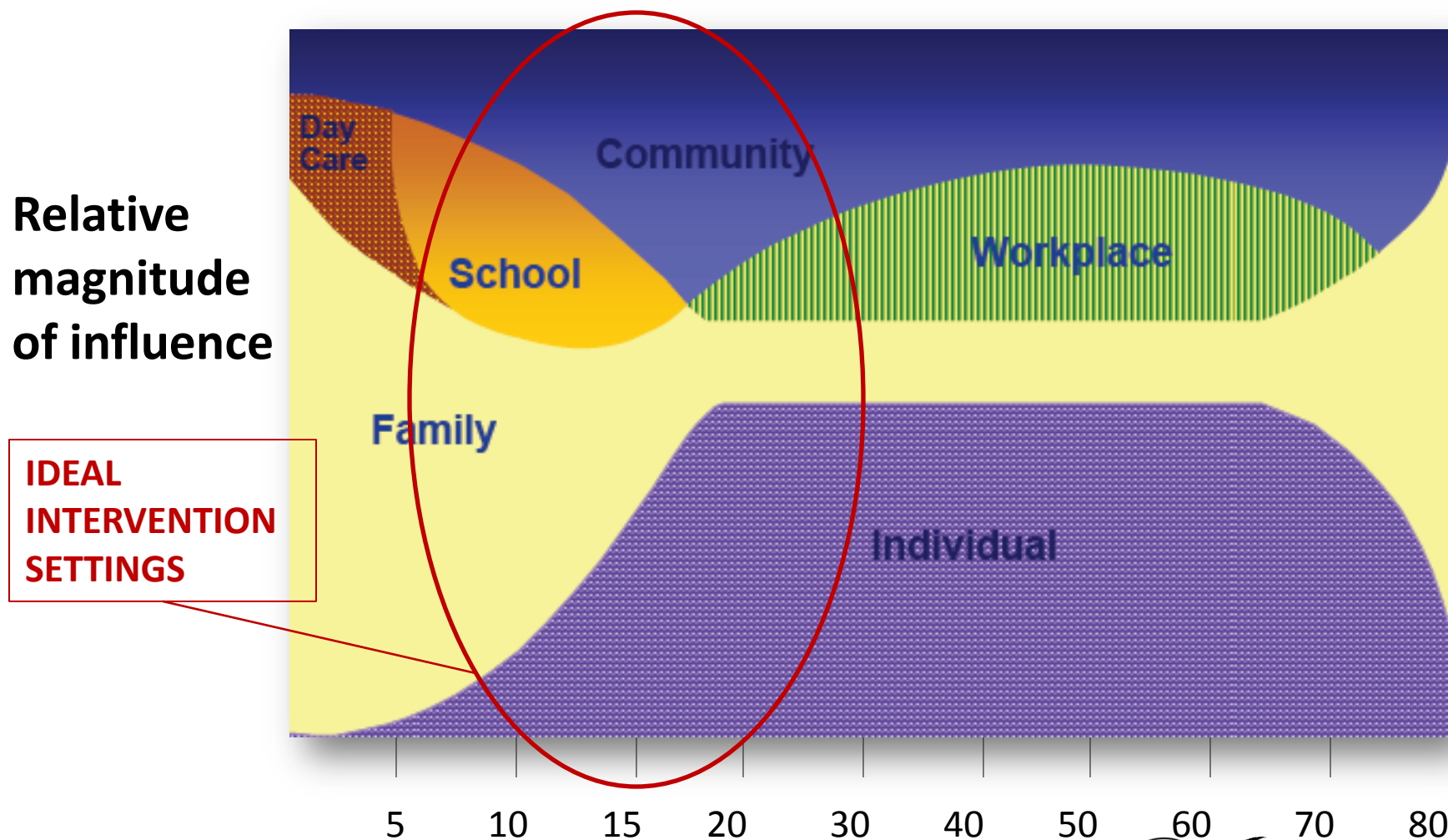
Age group # of deaths Age-specific death rate	#1 cause # of deaths Age-specific death rate	#2 cause # of deaths Age-specific death rate	#3 cause # of deaths Age-specific death rate	#4 cause # of deaths Age-specific death rate	#5 cause # of deaths Age-specific death rate
5-14 208 14 per 100,000	Homicide 28 2 per 100,000	MV crash 26 2 per 100,000	Birth defect 20 1 per 100,000	Brain/CNS cancer 18 ---	Leukemia 13 ---
15-24 932 60 per 100,000	Homicide 322 21 per 100,000	MV crash 196 13 per 100,000	Suicide 90 6 per 100,000	Drug Overdose 41 3 per 100,000	Leukemia 24 2 per 100,000

PREVENTABLE

Source: Mortality in los angeles county 2008 Leading causes of death and premature Death with trends for 1999 2008.

<http://publichealth.lacounty.gov/docs/mortality2008-dec2011.pdf>

Health influences over the life course



Adapted from Nordio S. 1978. Needs in Child and Maternal Care. Rational utilization and Social Medical resources. Rivista Italiana de Pediatria 4:3-20.

As cited in Halfon, N., M Hochstein. 2000. The Health Development Organization:

An Organizational Approach to Achieving Child Health Development, The Milbank Quarterly 78(3):447-497.

Age (years)



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What can we do?

There are four strategies that have demonstrated the ability to promote and sustain healthy adolescents:

1. **Decrease the risk factors** that contribute to risky behaviors and poor health outcomes.
2. **Increase the protective factors** that contribute to resiliency and healthy outcomes.
3. **Provide opportunities** for young people to successfully meet the developmental needs of adolescence.
4. **Build healthy communities and schools.**



How do we improve adolescent health?

- Adolescent health, safety and well-being is affected by an interplay of factors
 - e.g. between the individual and their parents, peers, schools, health care systems, media and policies and laws in many sectors
- Improving adolescent health requires government agencies, community organizations, schools, businesses and other stakeholders to work together



What is a Health Educator's Role?

- Health educators are uniquely positioned to work with schools, communities, and parent groups to promote adolescent health
- Health education is...
 - A social science that draws from the biological, environmental, psychological, physical, and medical sciences
 - Any combination of theory-based, planned learning experiences that provide individuals, groups and communities opportunities to get information and skills needed to make quality health decisions



Source: J

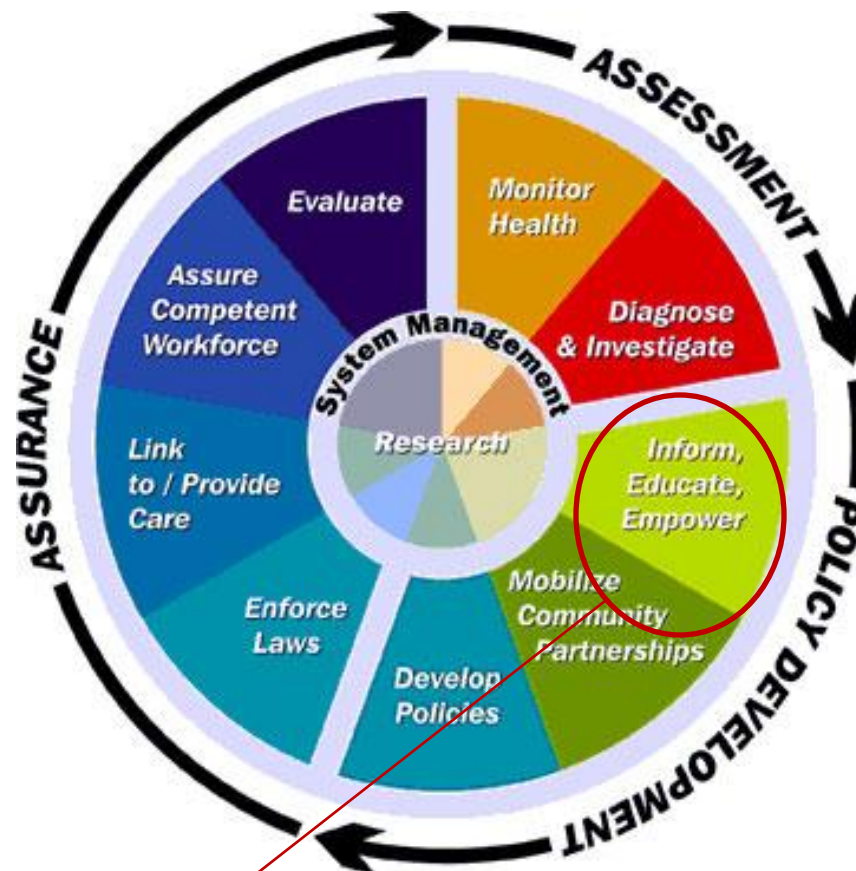
http://www.sophe.org/Sophe/PDF/Sample_Proclamation_v2.pdf

oint Committee on Terminology. (2001). Report of the 2000 Joint Committee on Health Education and Promotion Terminology. *American Journal of Health Education*.



Defining Public Health (cont)

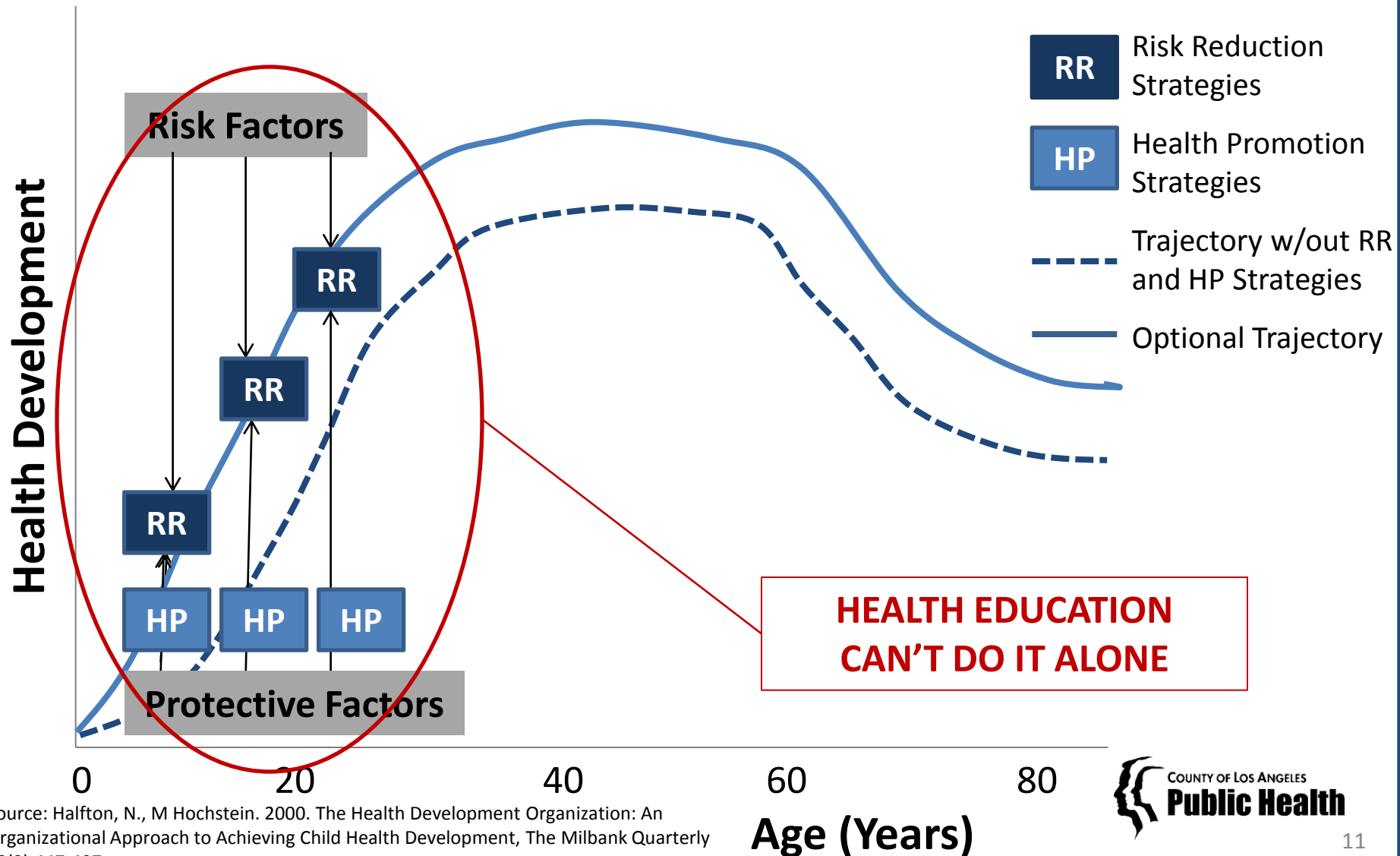
- **Ten Essential Services**
 - #3: Inform, educate, and empower people about health issues
 - **That is health education**



**THIS IS HEALTH
EDUCATION!**

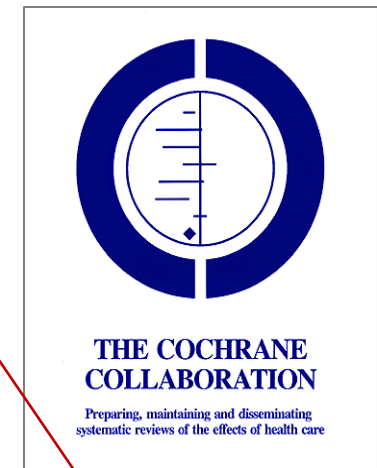
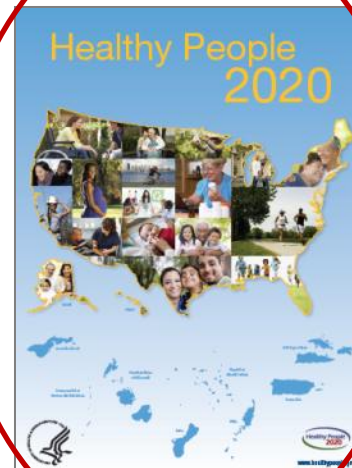
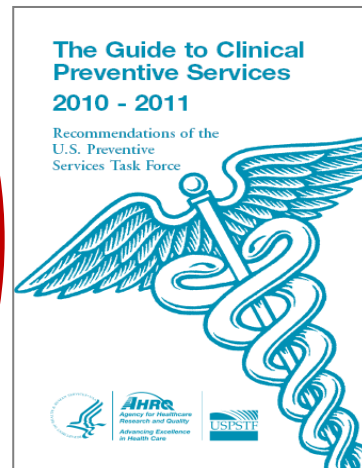
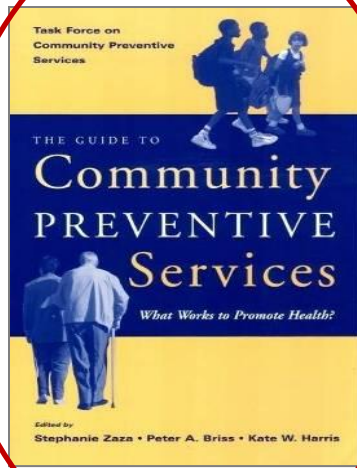


How risk reduction and health promotion strategies influence health development



Source: Halfton, N., M Hochstein. 2000. The Health Development Organization: An Organizational Approach to Achieving Child Health Development, The Milbank Quarterly 78(3):447-497.

Sources of Evidence Based Practice



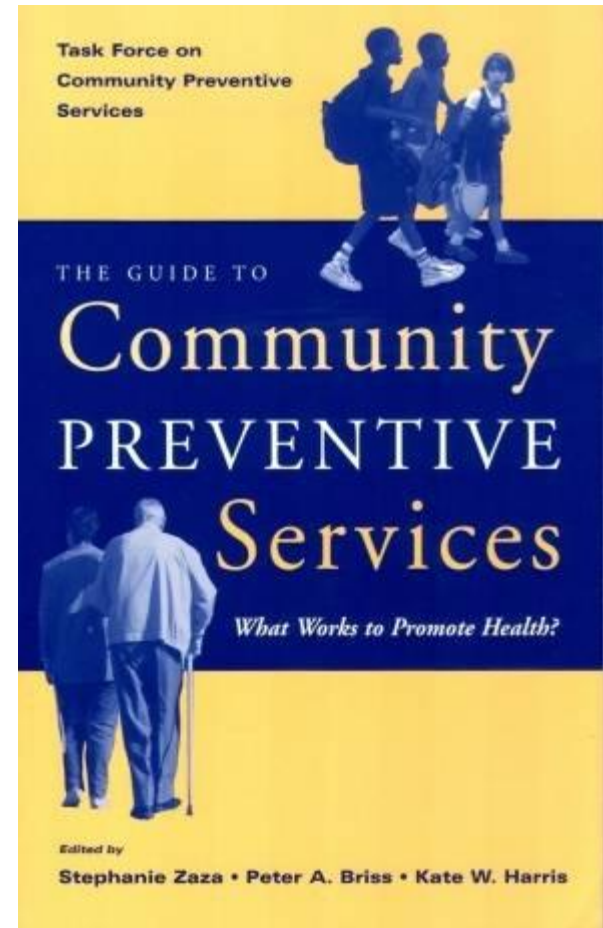
**RECOMMENDED PRACTICES
DERIVED FROM SYSTEMATIC
REVIEWS OF AVAILABLE EVIDENCE**

**GUIDANCE FOR
COLLABORATIVE PRACTICE**



The Guide to Community Preventive Services ("The Community Guide")

- Congressionally mandated expanding resource for recommendations on evidence-based interventions to improve public health
- Directed by the 15 member independent volunteer Task Force on Community Preventive Services
- CDC provides scientific support
- Liaisons with key organizations support the science and dissemination



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What is Healthy People?

- A **national agenda** that communicates a vision for improving health and achieving health equity.
- A set of specific, **measurable objectives** with targets to be achieved over the decade.
- These objectives are organized within distinct **Topic Areas**.



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Healthy People 2020 Goals

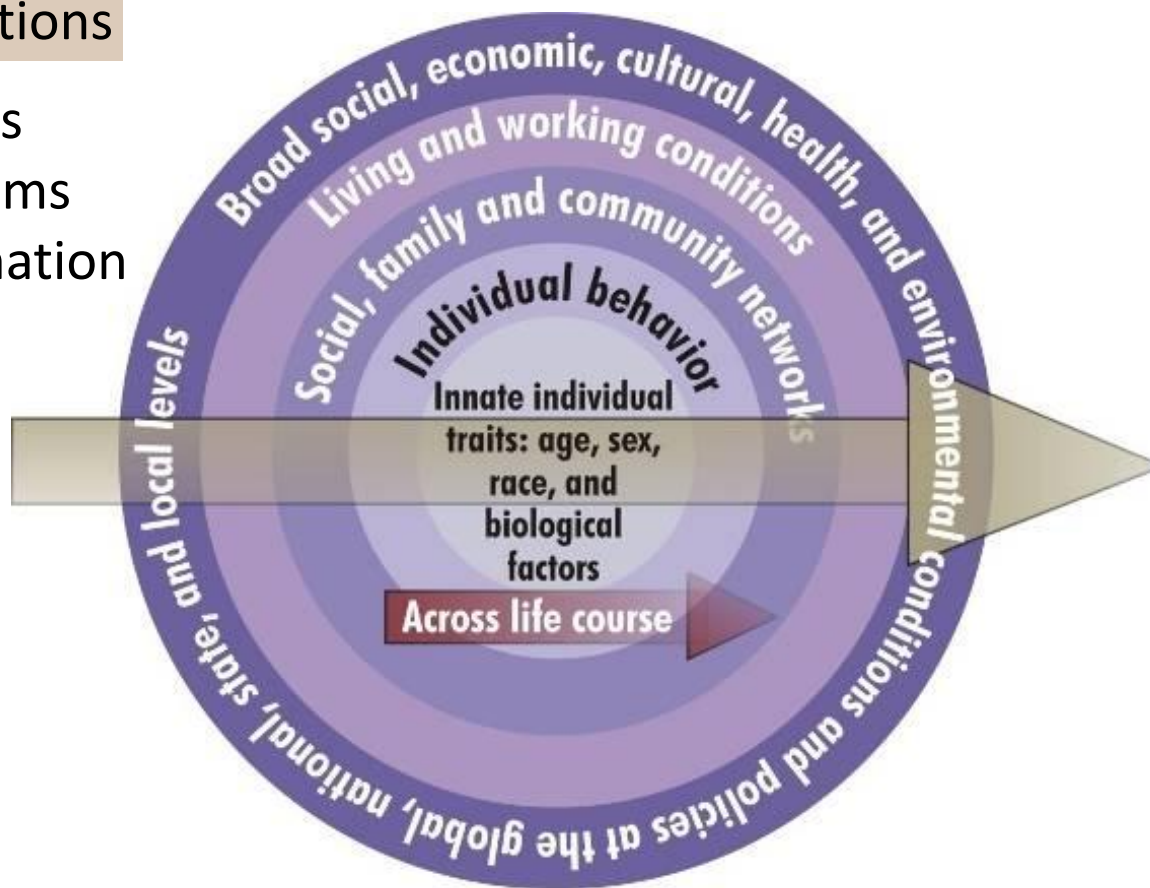
- Attain high quality, longer lives free of preventable disease, disability, injury, & premature death
- Achieve health equity, eliminate disparities, & improve the health of all groups
- Create social & physical environments that promote good health for all **NEW**
- Promote quality of life, healthy development & healthy behaviors across all life stages **NEW**



Healthy People 2020 Action Model

Interventions

- Policies
- Programs
- Information



Outcomes

- Behavioral outcomes
- Specific risk factors, diseases & conditions
- Injuries
- Well-being & health-related quality of life
- Health equity

**Assessment, Monitoring,
Evaluation & Dissemination**

How Stakeholders Are Using Healthy People

- **Data tool** for measuring program performance
- Framework for **program planning and development**
- **Goal setting** and **agenda building**
- **Teaching** public health courses
- Benchmarks to **compare** State and local data
- Way to develop nontraditional **partnerships**



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Involving Non-Health Sectors To Address Determinants of Health

- Healthy People 2020 emphasizes involving sectors outside health, including:
 - Education
 - Housing
 - Environment
 - Transportation
 - Labor
 - Agriculture



New Healthy People 2020

Topic Areas

- Life Stages
 - Adolescent Health
 - Early and Middle Childhood
 - Older Adults
- Blood Disorders and Blood Safety
- Dementias, including Alzheimer's Disease
- Genomics
- Global Health
- Healthcare-Associated Infections
- Preparedness
- Sleep Health
- In Development
 - Lesbian, Gay, Bisexual, and Transgender Health
 - Health-Related Quality of Life and Well-being
 - Social Determinants of Health



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Adolescent Health Objectives Across Healthy People 2020

- More than 160 objectives are directly relevant to adolescent & young adult health
 - 25% of total objectives
- 24 categorical topic areas are relevant to adolescent & young adult health
 - e.g., access to health services, educational and community-based programs, family planning, HIV, injury & violence prevention, nutrition, mental health, physical activity, STDs, substance abuse
- At least 3 new topic area workgroups are developing objective sets (LGBT, SDH, QOLWB)



HP 2020 Adolescent Health Topic Area Objectives

- Fill gaps not covered by categorical topic areas
- Assist public health to reach out to partners in other sectors for working on mutual issues important to the health, safety & well-being of young people



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The Community Guide: Adolescent Health Recommendations

Recommended Interventions ¹	Potential Partners
Preventing Excessive Alcohol Consumption: Enhanced enforcement of laws prohibiting sales to minors	Local law enforcement, alcohol beverage control agencies, legislators, municipalities, retailers
Reducing Alcohol-Impaired Driving: Lowering BAC laws for young or inexperienced drivers	State legislators, law enforcement, advocacy or community groups
Reducing Alcohol-Impaired Driving: School-based instructional programs	Universities, colleges, and school districts
Prevention of HIV/AIDS, other STIs and Pregnancy: Group-based comprehensive risk reduction interventions for adolescents	Health care organizations, school districts, community groups
Youth Development Behavioral Interventions: Interventions coordinated with community service to reduce sexual risk behaviors in adolescents	Community service organizations (i.e. nursing homes, hospitals, and homeless shelters)
Youth Violence Prevention: Therapeutic foster care to reduce violence	Courts, foster care management agencies, specially trained foster families
Youth Violence Prevention: School-based programs to reduce violence	Pre-K, Elementary, Middle and High Schools, school districts, educators



User-Friendly Web Site: www.healthypeople.gov

The screenshot displays the HealthyPeople.gov website. At the top, the site name 'HealthyPeople.gov' is in large yellow letters. To its right is a search bar with the placeholder text 'Search HealthyPeople.gov' and a yellow 'Go' button. Further right are social media links for Twitter, LinkedIn, and YouTube, along with a 'Get E-mail Updates' button. Below the header is a navigation menu with links: Home, About Healthy People, 2020 Topics & Objectives, Implementing Healthy People, Consortium & Partners, and Stay Connected. A large blue arrow points to the 'Get to Know Healthy People 2020' section. This section features a collage of people and the text: 'Get to Know Healthy People 2020', 'Introducing Healthy People 2020: Find out about the history, development and launch of Healthy People 2020.', and a 'Read More' button. Below this is a carousel with numbered buttons 1, 2, 3, 4, and a play button. To the right of the main section is a 'Closer Look: Health Disparities' widget with the text 'Compare the Top 10 Causes of Death across Populations'. It includes dropdown menus for 'Race/Ethnicity' (set to '--Select race/ethnicity--') and 'Age Range', and a 'Get Your Results' button. A blue arrow points to the 'Spotlight' section, which features a photo of a woman and the text: 'Spotlight', 'Healthy People Implementation Conference: Coming in Spring 2012'. Below the main section are two smaller boxes: 'How to Use HealthyPeople.gov' and 'Get the Healthy People 2020 brochure'. At the bottom, there is a footer with a 'Healthy People 2020' logo, a list of links (About, Accessibility, Privacy Policy, Freedom of Information Act, Disclaimers, Contact Us, Viewers and Players, Site Map, Healthy People 2010 Archive, Healthfinder.gov), and text stating: 'A Federal Government Web site managed by the U.S. Department of Health and Human Services, 200 Independence Avenue, S.W., Washington, DC 20201'. A small seal of the U.S. Department of Health and Human Services is also present.

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1 2 3 4 ▶

Closer Look: Health Disparities
Compare the Top 10 Causes of Death across Populations
Race/Ethnicity: --Select race/ethnicity--
Age Range:
[Get Your Results](#)

Spotlight
Healthy People Implementation Conference: Coming in Spring 2012

How to Use HealthyPeople.gov

Get the Healthy People 2020 brochure

What's New for 2020
Don't miss these new Topic Areas, tools, and more.

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A Federal Government Web site managed by the U.S. Department of Health and Human Services
200 Independence Avenue, S.W., Washington, DC 20201

Topic Area A-Z Listing

[Download all Healthy People 2020 objectives \[PDF - 2 MB\].](#)

[Download all Healthy People 2020 objectives in spreadsheet format \[XLSX - 159 KB\].](#)

If you experience problems viewing documents, please download the latest version of the [Viewer or Player](#).

A

Access to Health Services

Adolescent Health *New*

[Arthritis, Osteoporosis, and Chronic Back Conditions](#)

B

Blood Disorders and Blood Safety *New*

C

Cancer

Chronic Kidney Disease

D

Dementias, Including Alzheimer's Disease *New*

Diabetes

Disability and Health

E

Early and Middle Childhood *New*

Educational and Community-Based Programs

Environmental Health

F

Family Planning

Food Safety

G

Genomics *New*

Global Health *New*

H

Health Communication and Health Information Technology

Healthcare-Associated Infections *New*

Health-Related Quality of Life & Well-Being *New*

Hearing and Other Sensory or Communication Disorders

Heart Disease and Stroke

HIV

I

Immunization and Infectious Diseases

Injury and Violence Prevention

L

Lesbian, Gay, Bisexual, and Transgender Health *New*

M

Maternal, Infant, and Child Health

Medical Product Safety

Mental Health and Mental Disorders

N

Nutrition and Weight Status

O

Occupational Safety and Health

Older Adults *New*

Oral Health

P

Physical Activity

Preparedness *New*

Public Health Infrastructure

R

Respiratory Diseases

S

Sexually Transmitted Diseases

Sleep Health *New*

Social Determinants of Health *New*

Substance Abuse

T

Tobacco Use

V

Vision

Adolescent Health Topic Area Overview

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Adolescent Health *New*

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[Interventions & Resources](#)

Goal

Improve the healthy development, health, safety, and well-being of adolescents and young adults.

Overview

Adolescents (ages 10 to 19) and young adults (ages 20 to 24) make up 21 percent of the population of the United States.¹ The behavioral patterns established during these developmental periods help determine young people's current health status and their risk for developing chronic diseases in adulthood.²



Although adolescence and young adulthood are generally healthy times of life, several important public health and social problems either peak or start during these years. Examples include:

- Homicide
- Suicide
- Motor vehicle crashes, including those caused by drinking and driving
- Substance use and abuse
- Smoking
- Sexually transmitted infections, including human immunodeficiency virus (HIV)
- Teen and unplanned pregnancies
- Homelessness

Adolescent Health Objectives

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[Collapse All Objectives](#) 

AH-1 Increase the proportion of adolescents who have had a wellness checkup in the past 12 months

[Close Details](#) ▼

Baseline:	68.7 percent of adolescents aged 10 to 17 years had a wellness checkup in the past 12 months, as reported in 2008
Target:	75.6 percent
Target-Setting Method:	10 percent improvement
Data Source:	National Health Interview Survey (NHIS), CDC, NCHS
More Information:	 Data from the HHS Health Indicators Warehouse

[Close Details](#) ▲

AH-2 Increase the proportion of adolescents who participate in extracurricular and out-of-school activities

[Close Details](#) ▼

Baseline:	82.5 percent of adolescents aged 12 to 17 years participated in extracurricular and/or out-of-school activities in the past 12 months, as reported in 2007
Target:	90.8 percent

Topic Area-Specific Interventions & Resources

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Find evidence-based information and recommendations related to adolescent health.

[Clinical Recommendations](#)

[Community Interventions](#)

[Consumer Information](#)

Clinical Recommendations

The following clinical recommendations come from the [US Preventive Services Task Force \(USPSTF\)](#)



Screening for HIV

The U.S. Preventive Services Task Force (USPSTF) strongly recommends that clinicians screen for human immunodeficiency virus (HIV) all adolescents and adults at increased risk for HIV infection. [Learn more](#)

[Back to Top](#)

Community Interventions

The following evidence-based community interventions come from the [Guide to Community Preventive Services](#) , Centers for Disease Control and Prevention (CDC).

Adolescent Health: Person-to-Person Interventions to Improve Caregivers' Parenting Skills

Person-to-person interventions aim to modify adolescents' risk/protective behaviors and health outcomes by improving their caregivers' parenting skills. [Learn more](#)



Linking to the Health Indicators Warehouse

The screenshot shows the Health Indicators Warehouse interface. The header includes the logo and navigation tabs: HOME, FOR DEVELOPER, RESOURCES, ABOUT, and FOR DEVELOPERS. A search bar is located on the right. Below the header, there are buttons for Share, Download, and Remove from list. The main content area displays the indicator 'Adolescent wellness checklist (percent)' with tabs for Overview and Data. A 'Data Source and Additional Information' link is also present. The data section shows 'National' data with a 'View Data As:' dropdown set to 'Table'. The data is presented in a table with columns for the indicator name and the year 2008. The table lists various demographic groups and their corresponding percentages for 2008, along with a range of values.

	2008
Total	68.70% 66.80% / 70.59%
By Race/Ethnicity	
White only	67.65% 65.43% / 69.87%
Not Hispanic or Latino	70.31% 68.23% / 72.40%
Black or African American only	75.67% 71.87% / 79.46%
Native Hawaiian or Pacific Islander only	DSU
Asian only	65.39% 57.69% / 73.09%
American Indian or Alaska Native only	64.22% 48.72% / 79.72%
2 or more races	67.55% 57.57% / 77.53%

Other Evidence-Base Resources

- Cancer Control Planet
cancercontrolplanet.cancer.gov
- Center for Health Improvement
www.cchi.org
- Cochrane Health Promotion and Public Health Field
www.vichealth.vic.gov.au/cochrane
- The Community Toolbox
ctb.ku.edu/en/default.aspx
- Diffusion of Effective Behavioral Interventions
www.effectiveinterventions.org
- Guide to Clinical Preventive Services
www.ahrq.gov/clinic
- National Library of Medicine
www.hstat.nlm.nih.gov
- National Guideline Clearinghouse
www.guideline.gov
- Partnership for Prevention
www.prevent.org
- Promising Practices Network
www.promisingpractices.net



Questions?



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Health Education Award Presentations

- Department of Public Health

